

Girls' Empowerment Day coming to S. Tahoe

Live Violence Free with support from Soroptimist International of South Lake Tahoe and Tahoe Sierra is putting on Girls' Empowerment Day on June 8.

The event is from 9am-5pm at Inn by the Lake in South Lake Tahoe.

All middle school girls, including those that are either going into high school or will be starting middle school next school, are invited.

Workshops will be centered on achieving a sense of self-esteem, leadership and empowerment. Workshops will be conducted by Soul 2 Soul, TRiO, and Live Violence Free, with yoga from Audrey Villanueva. The workshops will include arts and crafts, self-defense, yoga, and a girls support group.

There is no cost to participate.

For more info or to sign up, contact Scarlet at (530) 544.2118, ext. 7634 or scaldwell@liveviolencefree.org.